

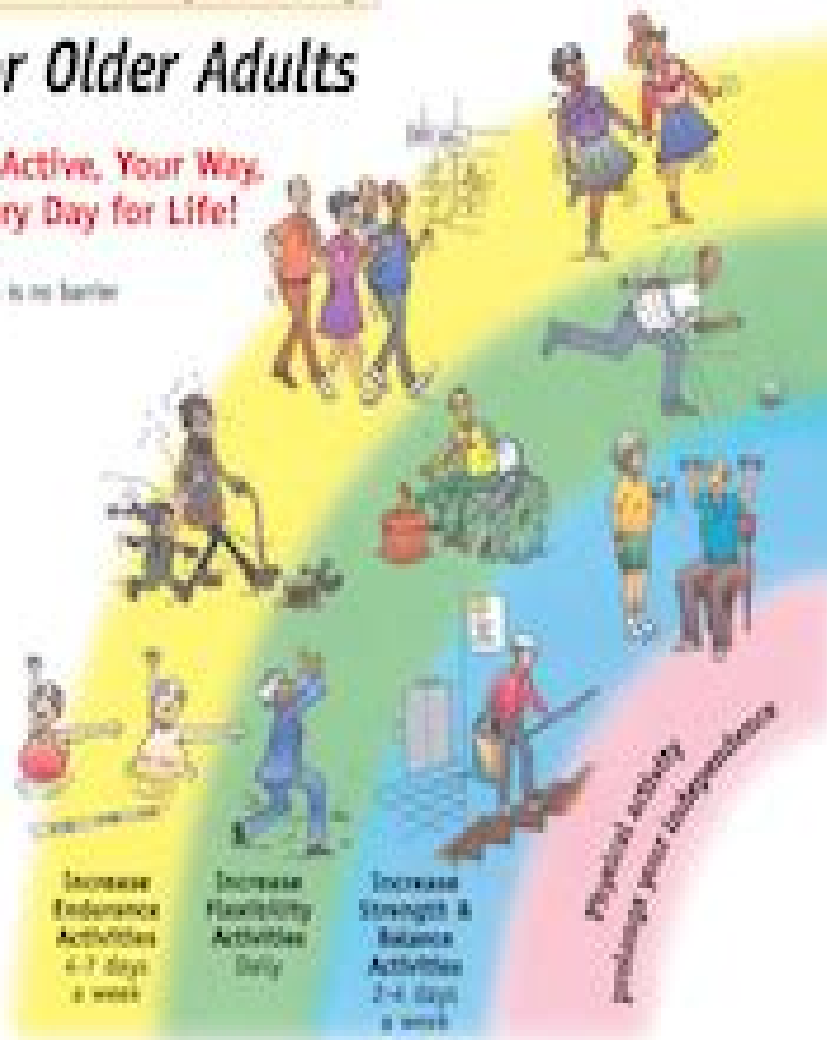
# Physical Activity Guide

to Healthy Active Living

## for Older Adults

Be Active, Your Way,  
Every Day for Life!

- Age is no barrier



### Being active is very safe for most people

Start slowly and build up - listen to your body. Accumulate 30 to 45 minutes of moderate physical activity most days. Minutes count - add it up 10 minutes at a time. Not sure? Consult with a health-care professional.

### Choose a variety of activities from each of these three groups:

#### Endurance

- Continuous activities that make you feel warm and breathe deeply
- Increase your energy
- Improve your heart, lungs, and circulatory system

#### Flexibility

- Gentle stretching, bending, and reaching
- Keep your muscles relaxed and joints mobile
- Move more easily and be more agile

#### Strength & Balance

- Lift weights, do resistance activities
- Improve balance and posture
- Keep muscles and bones strong
- Prevent bone loss

### Getting started is easier than you think

- Build physical activity into your daily routine.
- Do the activities you are doing now, more often.
- Walk whenever and wherever you can.
- Start slowly with easy stretching.
- Move around frequently.
- Take the stairs instead of the elevator.
- Carry home the groceries.
- Find activities that you enjoy.
- Try out a class in your community.

For a free copy of the companion Handbook and more information:  
1.888.244.8748, or Visit also: [www.papguide.com](http://www.papguide.com)

Eating well is also important. Follow Canada's Food Guide to Healthy Eating to make wise food choices.

### Benefits increase as physical activity increases

#### Benefits when starting out:

- Meet new people
- Feel more relaxed
- Sleep better
- Have more fun

#### Benefits from regular physical activity:

- Continued independent living
- Better physical and mental health
- Improved quality of life
- More energy
- Move with fewer aches and pains
- Better posture and balance
- Improved self-esteem
- Weight maintenance
- Stronger muscles and bones
- Relaxation and reduced stress

### Scientists have proved that

#### Being active reduces the risk of:

- Heart disease
- Falls and injuries
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Cancer survival
- Premature death

# Canadas Physical Activity Guide For Older Adults

**Thomas Griffiths**



## **Canadas Physical Activity Guide For Older Adults:**

**Physical Activity Instruction of Older Adults** C. Jessie Jones, Debra J. Rose, 2005 Application activities at the end of each chapter prepare students to design well rounded physical activity programs for older adults Other student friendly elements include chapter objectives introductions summaries study questions key terms and key points This book is ideal for undergraduate students and it is an excellent reference for physical activity instructors of older adults fitness specialists personal trainers and activity directors P 4 of cover Physical activity in the lifestyle of the adult and senior population in the Czech Republic Jana Pelclová, 2015-11-20 The publication is intended for the professional as well as lay public and presents research data from 2002 2012 on physical activity and inactivity of the Czech adult and senior population The paper also includes an analysis of selected national and international physical activity guidelines Current research results were linked with a systematic review study and theoretical and methodological background for monitoring physical activity in order to develop an evidence based recommendations to address current tasks in the area of physical activity promotion in the Czech Republic **Canada's Physical Activity Guide to Healthy Active Living for Older Adults** Canada. Health Canada, 1999 **Edelman and Kudzma's Canadian Health Promotion Throughout the Life Span - E-Book** Shannon Dames, Marian Luctkar-Flude, Jane Tyerman, 2020-07-23 Learn the ins and outs of health promotion and disease prevention in Canada with Edelman and Kudzma s Canadian Health Promotion Throughout the Life Span This all new comprehensive text grounds you in the Canadian health objectives for promotion and prevention which aims to improve the health of the entire population and to reduce health inequities among population groups Among the text s chapters you ll find extensive coverage of growth and development throughout the life span including coverage of the normal aspects the unique problems and the health promotion needs that are found in each age and stage of development Separate chapters discuss each population group the individual the family and the community and highlight the unique aspects of caring for each of these groups In all this comprehensive and culturally relevant text provides all the tools needed to stay up on the latest research and topics in Canadian health promotion **Adapted Physical Activity** Robert D. Steadward, Garry D. Wheeler, E. Jane Watkinson, 2003-08-01 The field of Adapted Physical Activity is a rapidly expanding area in post secondary education As the profession grows so does the demand for new texts that challenge students to think critically Adapted Physical Activity edited by Steadward Wheeler and Watkinson is a textbook that combines up to date information with a critical thinking approach Based on a core theme of inclusion this text examines the spectrum of adapted physical activity from school community and international disability sports perspectives This comprehensive examination provides the reader with a unique and up to date insight into the scope of adapted physical activity The text deals with a variety of important issues ranging from the provision of equal access to active living opportunities schools and communities to instructional and educational issues to the history of disability sport and issues regarding sports performance in athletes with disability Contributions by a who s who of Canadian

experts render this text a must have for instruction in the area of Adapted Physical Activity or Education at all levels of post secondary education The text is constructed in a flexible thematic and modular format allowing instructors at all levels of post secondary education undergraduate and graduate to select areas for study or integrate various selections of chapters into individual courses *Revue Canadienne de Physiologie Appliquée*, 2005 **Canadian Almanac & Directory, 2014** Tannys Williams, 2013-10 The Canadian Almanac Directory is the most complete source of Canadian information available cultural professional and financial institutions legislative governmental judicial and educational organizations Canada's authoritative sourcebook for all **Seniors' Guide to Federal Programs and Services**, 2001 **Vieillesse Et Les Pratiques de Santé** Canada. Health Canada, 2002 *Canadian Global Almanac 2002* Susan Girvan, 2001-10 *Canadian Families Today* David J. Cheal, 2007 This exciting collection of original essays by prominent Canadian scholars examines issues and trends affecting family life in Canada The text is organized in five parts The first part Conceptualizing the Family presents an overview of the sociology of the family in Canada it explores various definitions of family from an anthropological perspective examines family patterns in historical and cross cultural contexts provides an overview of the theoretical frameworks and research methodologies for family studies and discusses Canadian demographic trends The life cycle is the focus of the second part of this book In Chapter 3 Rachel Ariss shows how social expectations and ideologies about intimacy shape how individuals experience family formation In Parents and Children Gillian Ranson introduces the dominant ideals of motherhood and fatherhood in Canada and demonstrates the extent to which parenting practices are shaped by social and economic contexts Major changes in social practice and in the legal environment that have gone hand in hand with demographic changes to contribute to the episodic nature of spousal unions in Canada today In Chapter 5 Craig McKie outlines the legal history of the family in Canada and explores how the introduction of Islamic laws shariah challenge the principle that newcomers to Canada are free to continue on in their beliefs and practices when these are not in fundamental conflict with Canadian law Chapter 6 provides a timely examination of the issues that affect the sandwich generation coresidence with adult children the informalization of care to aging parents intergenerational ambivalence and the relationship between midlife families and social policy As Lori D Campbell and Michael P Carroll note in their chapter on older Canadians aging within a family context has become more complex and diverse than ever before The changes that have been occurring in the form and structure of families as a result of greater longevity increased divorce remarriage and other socio demographic factors allow increased intergenerational exchange the exchange of support between older and younger generations Part III highlights the economic inequalities that exist among families As Andrea Doucet notes historical circumstances have contributed to strong divisions in both paid and unpaid work that are linked to gender class and ethnicity Chapter 8 examines key issues in the study of paid and unpaid work including the connections that exist between paid and unpaid work how unpaid work benefits the state the complexities involved in measuring unpaid work the costs of care and

why gender differences in paid and unpaid work matter In the following chapter Joseph H Michalski argues that family change and demographic events have had their impact on income poverty to the extent that they influence the types of families and living arrangements in which Canadians share and pool income Diversity is the unifying theme of Part IV In her article In I Do Belong in Canada Same Sex Relationships and Marriage Doreen M Fumia reveals the insecure relationship between sexual minorities and citizenship highlighting the strategies used to reproduce normalized heterosexual notions of marriage and to avoid confronting heterosexism James S Frideres stresses the importance of the family among aboriginal immigrant and visible minorities communities as family members learn to cope with the dynamics of integration and adaptation to mainstream Canadian culture In Chapter 11 he focuses on key issues affecting family life for these groups intermarriage gender roles in minority communities social and economic demographics in comparison to mainstream Canadians differences in social structure and organization and risk factors that affect Aboriginal immigrant and visible minority youth In Chapter 12 Michelle K Owen draws our attention to the impact that disability has on Canadian families the role that gender plays in the lives of people with disabilities the relationship between poverty and disability and the increased incidence of physical and sexual abuse among people with a disability The final part of the book is devoted to law and policy In All in the Family Violence Against Women Children and the Aged Aysan Sever examines the dark side of the family where power differences can translate into mental physical and or sexual abuse and even murder She reviews the basic definitions of abuse and introduces theories that explain violence within intimate relationships She then addresses possible interventions at the social and structural levels that may diminish the incidence of abuse The role of the state in regulating family life is addressed in Chapter 14 Catherine Krull details the evolution of Canada's family policies within a liberal welfare state and examines the ideology and implications of a universal versus a targeted approach to family policies Krull argues that we need to appreciate why state intervention is necessary if we are to achieve gender equity and suggests that Quebec's progressive family policies should serve as a model for the rest of Canada In the final chapter Margrit Eichler takes a lighthearted look at the predictions that experts made regarding the future of the family from 1930 to 1975 After reviewing some predictions that were spectacularly wrong and others that were surprisingly accurate Eichler bravely makes her own predictions regarding the future of the family she anticipates a modest trend towards three generation families as one response to economic uncertainties and political turmoil a decrease in life expectancy continuing low fertility with high immigration from third world countries less homophobia a continuing slow erosion of strictly defined gender roles and a continuing diversity of unions including common law and legal marriages opposite and same sex marriages In short families will continue to exist some will prosper others less so and children will continue to be raised within family settings which will probably be even more diverse than at present

**Canada's Physical Activity Guide for Older Adults** Xuesong Jiang,2002 **Canadian Global Almanac 2004** CGART Staff,2004-09-03 The most reliable up to date and authoritative

information on Canada and the world that covers Current events of 2003 were you there The people of Canada with the latest census information see where you fit Facts and figures on the Canadian economy perfect for your school project Canadian geography and history your town or relatives might be famous Canadian politics with recent election results whom did you vote for Business finance and labour news find out what GDP really means Famous Canadians get to know them The perfect travel companion with lists of arts and music festivals don't leave home without it CANADA AND THE WORLD News events of 2003 from the war in Iraq to the SARS epidemic The scoop on entertainment news music theatre literature movies and TV Sports from the NHL to the NBA the winners and losers of 2003 Science what's cooking in the labs and what's the buzz from outer space The world at your fingertips global geography population statistics governments economic data plus a survey of world history AND MUCH MUCH MORE

*Canada's Aging Population* Canada. Health Canada, Canada. Interdepartmental Committee on Aging and Seniors Issues, 2002 This document is intended to provide an overview of population ageing in Canada and of the major issues that must be addressed as both the number the proportion of seniors increase in Canadian society The first section presents statistical information on seniors in Canada outlining the characteristics diversity of Canada's older population with regard to such factors as health financial security societal participation and quality of life The second section describes a number of the key steps being taken by the Canadian federal government in collaboration with partners to address important ageing issues

**Services Pour Les Aînés** Canada, 2002

**Healthy Aging** Canada. Health Canada, 2002 The first part of this presentation presents an overview of issues associated with physical activity among older adults It explains the significance of physical activity for health and reviews the magnitude of the problem of insufficient physical activity among seniors trends in physical activity participation by seniors key considerations that affect such participation the links between physical activity and healthy ageing the consequences of not addressing this issue and the effectiveness of interventions to promote physical activity among seniors The second part discusses the level of public interest support for active living in late life and outlines current federal government strategies to address active living among seniors Key strategies for an action plan on healthy ageing are also outlined

*Instructor's Manual for Understanding Nutrition [by] Eleanor Noss Whitney, Sharon Rady Rolfes* Mary Rhiner, 2005

*Canadian Journal of Public Health*, 2009

*Aging as a Social Process* Barry D. McPherson, 2004 Aging as a Social Process Canadian Perspectives is the most comprehensive and up to date survey of the topic in Canada Employing a variety of theoretical and methodological approaches it explains why aging is not just a biological process but also a complex social one Each chapter has been rewritten and updated to include 2001 Census data and this fourth edition includes even more made in Canada material than its predecessor

**Physical & Health Education Journal**, 2008 Canada's magazine for physical and health educators

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